



NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

FACULTY OF ENVIRONMENTAL SCIENCES

DEPARTMENT OF ENVIRONMENTAL HEALTH

BACHELOR OF ENVIRONMENTAL SCIENCE HONOURS DEGREE IN PUBLIC HEALTH

HIV AND AIDS COUNSELLING AND MANAGEMENT  
EPH 1103

Examination Paper

October 2024

This examination paper consists of 3 typed pages

Time Allowed: 3 hours  
Total Marks: 100  
Special Requirements: None  
Examiner's Name: Mr N Mudonhi

**INSTRUCTIONS**

1. Answer Question One in Section A and ANY other THREE questions in Section B.
2. Question one carries 40 marks whilst each question in Section B carries 20 marks.
3. Where the question is subdivided, part marks are indicated in brackets at the end of the sub question.

**MARK ALLOCATION**

QUESTION	MARKS
1.	40
2.	20
3.	20
4.	20
5.	20
6.	20
TOTAL	100

**SECTION A (40 Marks)**

**Question One**

Read the following extract from an article titled: ‘*Access to HIV care and treatment for migrants between Lesotho and South Africa: a mixed methods study*’ and answer questions that follow:

**Access to HIV care and treatment for migrants between Lesotho and South Africa: a mixed methods study**

**Abstract**

**Background:** HIV treatment and care for migrants is affected by their mobility and interaction with HIV treatment programs and health care systems in different countries. To assess healthcare needs, preferences and accessibility barriers of HIV-infected migrant populations in high HIV burden, borderland districts of Lesotho

**Results:** Out of 524 HIV-infected migrants enrolled in the study, 315 (60.1%) were from urban and 209 (39.9%) from rural sites. Of these, 344 (65.6%) were women, 375 (71.6%) were aged between 26 and 45 years and 240 (45.8%) were domestic workers. A total of 486 (92.7%) preferred to collect their medications primarily in Lesotho compared to South Africa. From 506 who responded to the question on preferred dispensing intervals, 63.1% (n = 319) preferred 5–6 month ARV refills, 30.2% (n = 153) chose 3–4 month refills and only 6.7% (n = 34) opted for the standard-of-care 1–2 month refills. A total of 126 (24.4%) defaulted on their treatment and the primary reason for defaulting was failure to get to Lesotho to collect medication (59.5%, 75/126). Treatment default rates were higher in urban than rural areas (28.3% versus 18.4%, p = 0.011). Service providers indicated a lack of transfer letters as the major drawback in facilitating care and treatment for migrants, followed by discrimination based on nationality or language. Service providers indicated that most patients preferred all treatment services to be rendered in Lesotho, as they perceive the treatment provided in South Africa to be different often less strong or with more serious side effects.

**Conclusion:** Existing healthcare systems in both South Africa and Lesotho experience challenges in providing proper care and treatment for HIV infected migrants. A need for a differentiated model of ART delivery to HIV infected migrants that allows for multi-month scripting and dispensing is warranted.

Faturiyele, I., Karletsos, D., Ntene-Sealiete, K., Musekiwa, A., Khabo, M., Mariti, M., Mahasha, P., Xulu, T., Pisa, P.T. and EQUIP Innovation for Health Team, 2018. BMC public health, 18, pp.1-10.

- a) Justify why migrants prefer medication from their home country and why default rate is higher in urban areas than rural areas. [10]
- b) Describe with aid of examples, approaches that have been employed by different countries in dealing with HIV positive patients living in foreign countries. [15]
- c) Justify why each and every stage of Zimbabwean National HIV and AIDS Testing Algorithm is crucial. [15]

## **SECTION B**

### **Question Two**

Give a comprehensive view in terms of comparison of different HIV subtypes found across the globe. [20]

### **Question Three**

Delineate using the epidemiological triad, one type of bacterial and one type of protozoan Sexual Transmitted Infection. [20]

### **Question Four**

Using Zimbabwe as an example, explain why it is difficult to achieve the UNAIDS 95:95:95 strategy in managing and controlling the spread of HIV/AIDS. [20]

### **Question Five**

- a) Differentiate between monitoring and evaluation. [8]
- b) Evaluate the medical and traditional Voluntary Medical Male Circumcision as a method of reducing the spread of HIV/AIDS. [12]

### **Question Six**

You have been sued by the state court that an HIV positive client committed suicide after your counselling sessions. Justify why it was not your fault. [20]